



Oyster Sauce Chicken & Vegetable Gyoza Bento

with Garlic Rice, Cucumber Sesame Salad & Japanese Dressing

TASTE TOURS

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Pea Pods



Cucumber



Oyster Sauce



Vegetable Gyoza



Chicken Tenderloins



Mixed Salad Leaves



Sesame Dressing



Japanese Style Dressing



Pickled Ginger



Sesame Seeds

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

This bento inspired meal combines our favourite Japanese delights. We've got oyster sauce laced chicken tenders, our fave veggie gyozas and fluffy garlic rice to tie it all together. Now close your eyes and let us transport you to Japan!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with lid · Large frying pan with lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
water* (for the rice)	1¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
pea pods	1 small bag	1 medium bag
cucumber	1	2
oyster sauce	1 large packet	2 large packets
brown sugar*	2 tbs	4 tbs
vegetable gyoza	1 packet	2 packets
water* (for the gyoza)	¼ cup	½ cup
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 small bag	1 medium bag
sesame dressing	½ large packet	1 large packet
Japanese style dressing	1 packet	2 packets
pickled ginger	1 packet	2 packets
sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4508kJ (1077Cal)	714kJ (171Cal)
Protein (g)	54.2g	8.6g
Fat, total (g)	36.6g	5.8g
- saturated (g)	9.2g	1.5g
Carbohydrate (g)	128.7g	20.4g
- sugars (g)	26.9g	4.3g
Sodium (mg)	2094mg	331mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic paste** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Cook the chicken

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- Remove from heat and add **oyster sauce mixture**, tossing to coat.

TIP: Chicken is cooked through when it is no longer pink inside.

2



Get prepped

- Meanwhile, trim and roughly chop **pea pods**. Thinly slice **cucumber** into rounds.
- In a small bowl, combine **oyster sauce**, the **brown sugar** and a splash of **water**.

5



Toss the salad

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, **cucumber**, **pea pods** and **sesame dressing**. Season.

3



Cook the gyozas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When the oil is hot, add **vegetable gyoza**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the gyozas)** (watch out, it may spatter!) and cover with foil or a lid.
- Cook until the water has evaporated and gyoza are tender and softened, **4-5 minutes**. Transfer to a serving plate and cover to keep warm.

6



Serve up

- Bring everything to the table. Divide garlic rice, oyster sauce chicken and cucumber sesame salad between bowls.
- Serve vegetable gyozas with **Japanese style dressing** and **pickled ginger**.
- Sprinkle **sesame seeds** over chicken to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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